

RESOURCES & REFERENCES

HYGIEIA by Jeannine PARVATI "A Women's Herbal"
HEALING WISE, THE CHILDBEARING YEAR, AND
MENOPAUSAL YEARS by Susan Weed
OPENING OUR WILD HEARTS TO THE HEALING HERBS
 by GAIL FAITH EDWARDS

SECRETS OF THE SACRED WHITE BUFFALO by GARY
 NULL

MAGAZINES: HERB QUARTERLY, HERBAL GRAM,
 AND HERBS FOR HEALTH
 SO MUCH MORE! TRUST YOUR INSTINCTS.

NEXT ISSUE!

- ☑ Yoga AND Herbs
- ☑ Skin CARE
- ☑ Awesome, Nourishing Recipes!
- ☑ The Three Traditions: Scientific, Heroic, AND WISE WOMAN
- ☑ Fun ART AND SOME OF MY FAVORITE ESSAYS AND ARTICLES

FRONT ILLUSTRATION
 FROM HEALING WISE

BURDOCK

ISSUE
 #1

Simple
 Herbs

Nourishment

Healing
 ways

Reclaiming
 AND
 Empowering
 OURSELVES

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2003

★ Introduction ★

• BURDOCK • This Zine's Focus is on Healing and Empowerment, Reclaiming and Transforming the ways we nourish and heal ourselves and loved ones. Through the use of our allies such as Herbal Remedies, Yoga, Meditation, Art, Exercise, Sex, Community, and whatever else we can live Full and Vibrant lives. • Burdock • is inspired by the healing power of NURTURE AND LOVE.

Burdock (*Arctium lappa*) is a plant that grows wild and free all over the world. She has been revered for her deep transformative healing. On my herbal journey I've come to be close allies with Burdock (more on this later...). She reminds us to slow down, listen, and trust in our abilities to "Search for and find nourishment for the deepest parts of ourselves, and to offer deep healing to others." (Gail Faim Edwards) Her stories are ancient and she speaks to our cells. I truly adore this plant and the wild gifts she offers me. In return, I hope that those who read this zine gain some tools to carry with them and are nourished by the wild gifts unfolding ~

D: Conjured by Erika Lawrence, KS Nov. 2003

Themselves deeply. Combine with Dandelion, they really are a powerful couple! They will really change you, move you, from the inside out. After taking Burdock Tincture or eating Burdock Root and Rice 1 feel strong, 1 feel really healthy and vibrant. You have to experience this lovely! Find out where she grows, she's probably closer than you think! Find out what she looks like. The best time to harvest her roots are in the fall of her second year of growth, harvest her seeds when they turn brown. Make this experience your own. Talk to her, ask her how she can heal you, nourish you. Ask yourself the same.

★ MAKING MEDICINE CONTINUED: TINCTURE. ^{Simple} And easy!

FRESH PLANT MATERIAL: After selecting plant to tincture discard any damaged parts. Do not wash plant, except if its root material (direct). Chop coarsely, expect flowers and delicacies, fill a jar with material to the top with 100 proof Vodka or spirit of your choosing, cap tightly, label jar (date, plant, spirit used, part of plant). The next day you will probably need to top off with more alcohol because of absorption. Allow to brew for six weeks or more. Decant and its ready to use! DRIED PLANT: Very similar. Most dried plants aren't the best for tincturing, with the exception of dried roots, barks, resins and leathery leaves (ie Rosemary, uva ursi, wintergreen). Watch Alcohol level the 1st week - Fill when necessary. Enjoy! ^{Dosage varies, use caution,}

☺☺☺ BURDOCK (ARCTIUM LAPPAS)
 O! you broad and bold sister! your
 luscious, beautiful leaves is the most perfect
 of places to rest my head. You nourish me,
 you heal me deeply.

Burdock has been used Traditionally As A
 nutritive tonic. She strengthens and tones the
 liver and the immune system. She offers
 much in the way of longevity and vitality.
 Women of the Cherokee and Meskwaki Nations
 used Burdock root as a uterine tonic and as
 a ally during and after giving birth.

I like to take up to 2-3 droppers full of Burdock
 root tincture to support/strengthen my liver, ☺
 which helps clear up hormonal related pimples.

Burdock seeds (tincture and/or infusion) support
 the healthy functioning of your urinary system.

Burdock roots grow deep into the earth ☺
 and are rich in iron, magnesium, calcium, soup
 chromium, cobalt, silicon, phosphorus, potassium,
 sodium, zinc, carotenes, protein, and mucilage. ☺

Eaten fresh in soups or rice (Boil in with
 veggies or rice and make a hearty nourishing
 food) They offer extra iron, vit. C, essential
 fatty acids, and vit B2. ☺☺☺

Burdock likes to take her time. She takes life
 slowly and will heal you over time. She is for
 those with patience and with tenderness.
 To take it easy, go with the flow, and nourish,

☺☺☺ CONTENT ☺☺☺

- ☑ My Herbal Journey
- ☑ Making Your Own Medicine!
- ☑ Herbs For Women
- ☑ Nourishment Takes Center Stage!

☺☺☺ ABOUT THIS ISSUE ☺☺☺

This issue of •Burdock• is focused
 on women and herbs and how to
 nourish and heal our bodies with
 our herbal friends. I was supposed
 to write up a few handouts for
 the women's health discussion
 group in town and now I'm writing
 a zine! So, this issue is focused
 on women for the purpose of the
 discussion I'm leading this November.
 Yet people of both genders will find
 useful info. in this issue. ☺☺☺



AND REST SO DEEPLY YOU AWAKEN REJUVENATED. BRING HER IN, DRINK HER DOWN, LET HER SOOTH YOU, NOW SHE LOVES YOU.

RED RASPBERRY (Rubus idaeus)

Buzz

This is a lovely, sweet tasting herb. I have used Red Raspberry leaf infusion over the years to strengthen my uterus and ease premenstrual cramping. Because of the high content of Fragarine, which is an alkaloid that tones and strengthens the entire pelvic region, this plant is especially beneficial for women. It is also really helpful for men's reproductive organs. Red Raspberry is overflowing with Calcium, Iron, Magnesium, manganese, niacin, Selenium, phosphorus, and Potassium and also rich with Vit's B, C, A and E. After drinking Red R. Leaf infusion I feel strong and beautiful.

Raspberry is astringent and helps slow excessive menstrual bleeding. Drink leaf infusion as often as you desire or when you are especially in need of some support and strength to carry thru.

DANDELION (Taraxacum officinale)

Tiz the brightest of green and bold that covers our yards and fields. Oh! This lovely is quite the friend to cherish. I adore the courage and will of Dandelion. People try so hard to rid of her and yet she is one of the greatest medicines and food around. A metaphor perhaps? She grows

My Herbal Journey and beyond

In this section I want to talk a little about myself and where I came from. My name is Erika and I was born and raised in the midwest, the "Heartland" OKAY! LET ME START OVER!

I sound like I'm doing a school report:

I'M ERIKA! I'm in love with plants and have

been enjoying learning about them as far back

as I can remember. In grade school, I remember,

there was this book all about wild flowers that I

looked at every week! Our class got to go to the

"Library" (A small collection of books in a church

basement) once a week. I would flip thru this book

over and over and it inspired me to start

paying attention to the world of wild flowers and

plants around me. Then of course the church

burned down and with it, my favorite book...

The story goes on... O, let's see, around the age

of fifteen I started really getting into yoga

and meditation. So I started taking classes

and fell deeply in love with learning about

my body. I started integrating my desires to

learn more about herbal medicine, plants,

yoga, dropping out of high school, nutrition, art,

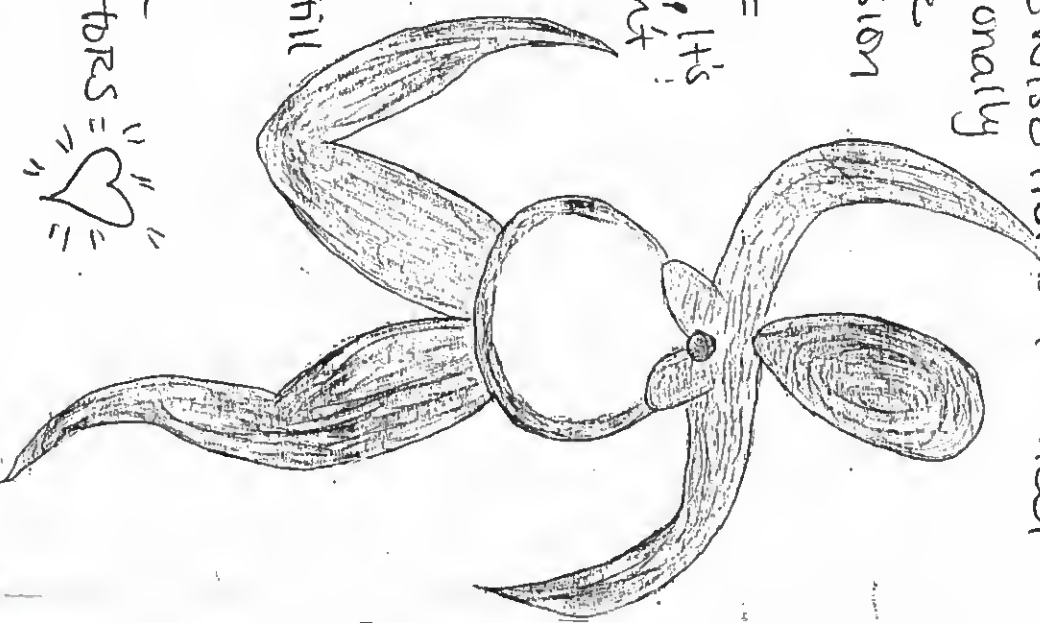
and the like. Next thing I know I'm camping

IN THE WOODS WITH ABOUT Forty OTHER WOMEN AND A WELL KNOWN (AMAZING) HERBALIST, SISTERS WEED. THIS WEEKEND REALLY CHANGED MY LIFE AND OPENED A LOT OF DOORS FOR ME. FROM THERE I MET SO MANY AWESOME, POWERFUL WOMEN WHO HAVE INSPIRED ME AND SUPPORT ME ON MY JOURNEY. I NOW AM A FULL TIME APPRENTICE WITH A LOCAL HERBALIST, HEALER, AND WISE WOMAN. I AM A STUDENT AT PRAIRIE WISE HERBAL SCHOOL IN KANSAS AND OCCASIONALLY

LEAD DISCUSSIONS FOR THE WOMEN'S HEALTH DISCUSSION GROUP.

THIS IS THE LAST PART OF THIS LINE I HAVE TO FINISH, IT'S BEEN THE HARDEST. I DON'T KNOW WHAT TO SAY, WHAT NOT TO SAY SO I'M GOING TO END THIS NOTE. I'VE BEEN STUDYING AND EXPERIMENTING FOR SOME 40 YEARS AND YET THERE IS STILL SO MUCH TO BE OPEN TO.

Thank You
Ancestors =



AWAKEN FROM CHRONIC FATIGUE, SUPPORT HEALTHY FUNCTIONING OF THE KIDNEYS AND ADRENAL GLANDS, AND INCREASE THE QUALITY OF THEIR LIFE. THIS PRICKLY SISTER SHOULD NOT BE IGNORED! ADD TO YOUR DIET BY EATING THEM FRESH IN THE SPRING, MAKE TEA AND INFUSIONS OUT OF THE DRIED LEAVES, CRUMBLE THE LEAVES UP REALLY FINE AND SPRINKLE ON ANYTHING! OR MAKE NETTLES INTO TINCTURE — ANYWAY YOU CAN GET HER INTO YOU!! AS I HAVE BEEN TAUGHT: WHEN IN DOUBT USE NETTLES. SHE IS A POWERFUL PLANT AND REMINDS US TO PAY ATTENTION.

OAT STRAW (Avena Sativa) Ahh... WHERE TO

BEGIN? OAT STRAW: JUICY, SUPPLE, NOURISHMENT, EASE, REHEW, RESTORE, REVITALIZE, B VITAMINS, YUM! THESE ARE SOME KEY THINGS I THINK OF WITH OAT STRAW. ALL PARTS OF THIS MILKY SWEET HEART NOURISH AND TONE THE NERVOUS SYSTEM AND IS AN EXCELLENT FRIEND FOR THOSE DEALING WITH DEPRESSION. OATS AND OAT STRAW (WHICH IS THE GLOWING PART OF THE PLANT) SUPPLY IN ABUNDANCE ABSORBABLE MAGNESIUM, CHROMIUM, SODIUM, SILICON, CALCIUM, IRON, ALUMINUM, AMINO B COMPLEX, FOLIC ACID, AND VITAMINS E, K, A AND C, POTASSIUM, AND PROTEIN. (SEE, YOUR PARENTS HAD THE RIGHT IDEA BY SERVING YOU OATMEAL FOR BREAKFAST) OAT STRAW CAN BE BOUGHT IN BULK. IT IS KIND OF GRASSY AND SMOOTH TO TOUCH. CONSISTENT USE OF AVENA HELPS BUILD AND STRENGTHEN BONES, HAIR, TEETH, AND NAILS, STABILIZE BLOOD SUGAR LEVELS, AND NOURISH FOLKS WITH THYROID AND ESTROGEN DEFICIENCIES. THERE IS SO MUCH CREDIT TO GIVE TO THIS PLANT. SHE IS A HEALER AND LOVER INDEED! INFUSION DRINKEN BEFORE BED WILL HELP YOU SLEEP.

MAKING MEDICINE



♥♥♥ Making your own medicine is one of the most empowering ways to give to yourself and loved ones. It is simple and very fun. In so many ways we have been taught (and continue to be) to NOT trust ourselves, our bodies. Making our own medicine and taking CARE of ourselves is one way to reclaim this trust. Simple teas can ease the woes of the common cold. Infusions can nourish and sustain us and in turn make less doctor visits. Here are some ways to prepare herbs in your own way...

♥ **TEA** • Yum! A warm cup of tea! Use at least one teaspoon of dried herb per cup water. Pour water over herb material, cover tightly, and allow to steep for about ten minutes. This is ancient and simple. (Note: Not all plants are at their best as a tea (water based) some herbs like chamomile, peppermint, fennel seeds make good tea. Vant more!)

♥ **INFUSIONS** • Attt... infusions. Plants such as nettle, oat straw, dandelion, burdock, red raspberry, red clover, comfrey, and borage make especially nourishing infusions to drink. Infusions are more like food. A generous amount of dried herbs steeped for a long period makes a dark, potent medicine. Dosage varies depending on the plant being infused. Usually 2-4 cups daily, 1-2 for



NOURISHING! I KNOW!
STAGE! NUTRITION & TONICS & DIET & LOVE
When I think of nourishment I think of: juicy, unique, simple, blood, bones, cells, deep, allies, milk, healing, food, love, laughter, expression, and so much more. Nourishment is very mysterious. Nourishment is deep and sometimes transformative. Nourishment is "owning up" and letting go. Nourishment is creative and at times, messy. Nourishment is what you need. Yes! Ahh... Nourishment is what plant allies that support and

here are some plant allies that support and sustain the spiraling of our lives. Full, abundant, and wild. These herbs are most often recognized as tonic herbs. Tonic herbs improve your general health by providing mineral/vitamin/energy rich food medicine. Tonic tonics and strengthen. Ally of the sisters.

NETTLE (URTICA dioica) Ally of the sisters. Nettle is one of the most nourishing tonics that one can befriend. Nettle is for anyone who seeks optimum nourishment. I like to think of her as the sea weed of the prairie.

Nettles contain abundant chlorophyll, calcium, chromium, magnesium, zinc, and generous amounts of absorbable iron, manganese, niacin, phosphorus, potassium, protein, riboflavin, selenium, silicon, thiamine, vit's A, C and K. Nettles are good for anyone wishing to steady the nerves, ease aches and pains, strengthen their bodily systems, →

A Child, 1/2 to a quarter cup 10 a day on

Leaves use 1 ounce (large handful) of dried leaves. Place herbs in a large jar, ceramic or stainless steel. Use 1 ounce to every quart of water. Pour water over and let steep anywhere from 4 hours to overnight.

ROOTS use one ounce dried root to one pint of water. ROOTS ARE THE MOST DENSE PART OF PLANT AND TAKE A little longer to give away their medicinal properties. Pour boiling water over, cover tightly, let infuse for 8 hrs or overnight.

BARKS same as roots. (Note: Slippery Elm Bark is Ready to drink in 1 hour)

Flowers use one ounce dried flowers to one quart of water. Place in pot or jar, pour water over, stir up a bit, cover, and infuse for 2 hours. Leaves and flowers combo, infuse for 4 hours.

SEEDS use one ounce dried seeds, berries, or hips to a pint of water. Let brew anywhere from 10-30 minutes. Seeds give away their medicine more quickly. (Note: Rose hips and Saw Palmetto berries can steep up to 4 hours)

NOTE: TEA is NOT infusion, but infusion is TEA. AND ONLY use glass, ceramic, or stainless steel when preparing medicine. (3) Drink infusions within 24 hours of making them and store in the fridge (it is NOT NECESSARY to put in fridge while infusing though). (4) Give to your household plants any teas or infusions left over - They'll Thrive! (5) Info. on Tinctures is on the last page.

When learning about plants and their many gifts it is often best to choose one, maybe two, plants at a time. Getting to know one AT A TIME is really helpful when choosing what is best for our bodies. Building a relationship with the plants that nurture and heal you, I find, deepens the healing and feels good. Find out where it likes to grow; what kind of environment does your plant ally thrive in? What other plants is yours related to? What is the history of this plant and its family? You might be surprised to find that the plant(s) that work the best for you are quite similar to who you are. Maybe you're a broad, bold, woman like Burdock or a tall, slender fancy like Queen Anne's lace. Take a moment to listen. Ask. Choose the plant(s) that reach to you, call to you. Ask their songs and stories. They will tell, tell, tell...



CHASTE TREE (AKA Vitex)

Vitex Agnus-Castus

This Beauty ORiginated in Northern Africa. It Has been Esteemed AS A excellent Female Tonic And A Inhibitor of Male libido. Hints The NAME "Chaste".

Although I have not taken Vitex I have heard much of This Plant in regards to Regulating Menstruation. Taking 20 drops of Chaste Tree berry tincture twice daily for several months can help stabilize your cycle. Consistent use can also relieve emotional swings associated with premenstrual or menopausal tension, and assist women with abdominal bloating, breast swelling or tenderness, and sweet cravings.

By restoring hormonal balance, chaste tree berries enhance fertility and help reproductive functioning for women coming off birth control pills, giving birth, or after a miscarriage or abortion.

This is plant worth checking out and getting to know. Look deeper, there is more to know.

*WORDS I think of when I think of Vitex:

Vital	Vitality	Regulate	Fertile
Vibrant	Ally	cycle	women
Strength	Roots	Restore	Hormones

HERBALS FOR WOMEN

As my teacher ^(Primary) has taught me: The best medicine you'll ever take is the medicine you make. Working with herbs with my own body has been an incredible journey. I've learned so much about what I need and when and for what reasons. I've been able to build a relationship with the plants I use to heal myself. Here are some plants that I've used and some others I have not. Different plants for different people. One of the most asked about situations I've encountered is "How to regulate menstrual cycles". Here are some herbs to help.

Tribolium pratense

← LATIN NAME

RED CLOVER - This lovely is high in vitamins and minerals, protein, calcium, magnesium which soothes the nervous system and promotes fertility. Its high mineral content is very useful for your glands and helps restore/balance hormonal functions. And it tastes really wonderful also. Red clover is found in open fields and even your backyard! It is easier however to buy this herb (flower) already dried. To dry this delicate flower with tiny petals is a bit of patience. Because of the clove, tiny petals they dry touching which turns them brown and the medicinal properties lesson. However, eating them right out of the yard is fun and tasty and beneficial.

Red clover continued... Anyways, Along with Medicinal uses, Red clover can be planted to replace nitrogen in the soil when rotating crops.

OTHER FUN STUFF:

→ Used as an expectorant and Antispasmodic for Hard Coughs

→ Sexual Stimulant

→ Make infusion for

→ Anti coagulant (stops clotting)

▶ MOTHERWORT ▶

Leonurus
Cardiaca ← Genus
← Species

Sweet Mother of the Heart And Uterus. Used Traditionally as medicine to help ease Recovery Before And After child birth. I find that Motherwort soothes my nervous system and calms my pre-menstruation anxiety. I like to think of her as a strong and cozy mother, a bit of a midwife.

Fresh motherwort tincture in water helps young girls move thru puberty with more ease into womanhood. (10 drops taken several x's a week on and off for a year or more)

Prepares women for childbirth by encouraging more coordinated contractions and soothes and calms the mama. She has also been used to ease painful periods and symptoms brought on by menopause.

→ NEXT PAGE



*MAKE A TEA by steeping the flowers for 15-20 mins then drink up! OR MAKE INFUSION: letting it steep for 4-8 hours. Yum!

MOTHERWORT, Powerful yet Safe And Nourishing.

♡ CALMS without Drowsiness

♡ She is an emmenagogue indeed → Promotes menstrual Flow

♡ She is a uterine stimulant, Antispasmodic, Sedative, heart tonic, Carminative, nervine

♡ Active principles: alkaloids, bitter glycosides, tannins, a volatile oil and Vit. A

♡ For emotional upset take 20 drops of Tincture as often as necessary

I know a woman who befriended Motherwort to help her recover physically and emotionally after going thru an abortion. This fierce, sweet heart of a plant reminds me of this song I know: "From the heart of my womb lies my power..."

▨ Tincture or plant infusion can be used. ▨

!! DO NOT USE MOTHERWORT when pregnant or if menstrual flow is heavy. Use with caution if you have fibroids or endometriosis!!

EASY TO GROW AND TO MAKE
YOUR OWN MEDICINE

